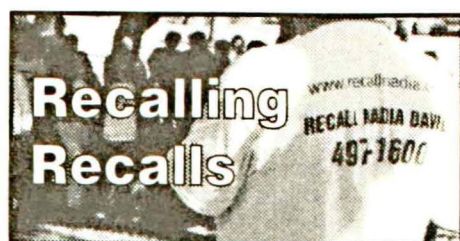


THE LEMON GROVE REVIEW

IN THIS ISSUE



Vol. 50, No. 49

Serving Lemon Grove and nearby communities

Thursday, February 5, 1998 25¢

Dark 'Children' an actor's feast

by Greg Eichelberger

Choosing a most obscure play at the most trying of times may seem strange to theater supporters, but Octad-One thinks it's a great opportunity to flex some previously unused thespianic muscles.

"Children of the Wind" is such an unknown entity that after its brief 1973 appearance in New York (playing to poor reviews), few companies would take a chance on the late Jerry Devine's story of an alcoholic actor fight-

between Dan and Kitty established. He does all he can to repulse her and the boy, while simultaneously attracting them. All of this while he is in rehearsal for perhaps the biggest part of his 20-year career.

It's hard to see the motivation in either of the two leads. Why does Dan, a recovering drunk, want to hurt himself or his wife in his moment of triumph? Why does Kitty puts up with it?

It's the spark between the two (who, in real life, are engaged)

To keep things from becoming *really* depressing, however, Devine wrote in the character of May, wonderfully played by German native and San Carlos resident Sidy Rayfeld (whose credits include "The Goat Herder" and "The World Of Sholom Aleichem").

May is a former vaudeville troupier who now runs the seedy boarding house. It is she who keeps Dan from feeling too sorry for himself, helps explain his idiosyncrasies to Kitty and provides John with the only friend he will have in New York, a delightful pup named "Marvo The Wonder Dog" (Sparky, owned by Debbie DeGarmo of Lakeside).

Needless to say, though, even May's good nature cannot stop Dan from becoming more and more self-obsessed about his acting failures, his bizarre affection for his trunk and violence (he slaps Kitty). He begins to drink again, surreptitiously at first, then overtly as the play progresses.

Even after his success on opening night, he still cannot accept the praises of May and his family, choosing to reveal one of his long-lost secrets and then going on a two-day binge as the play concludes.

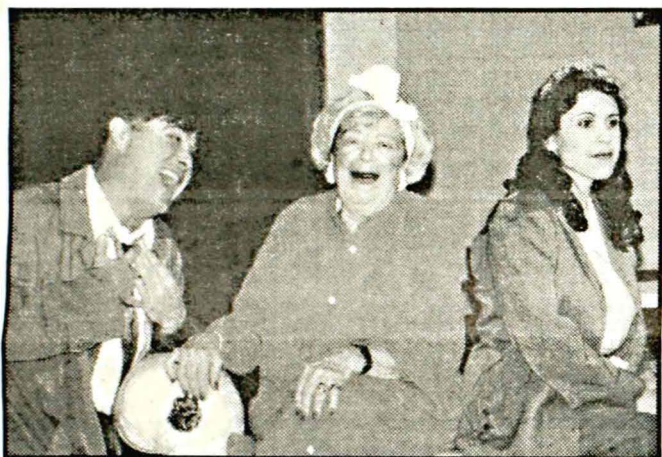
The production has more than a tough script with which to contend. In November, Octad-One co-founder Martin Gerrish stepped down, inadvertently taking many quality people with him. Erreca was forced to rely on a bare-bones staff, including Randy Lindquist, Jaime Cohen and Meghan Blaine as stage managers, Diane Walcott on sound, Ryan Stewart and Casey Benjamin on lights, Susan Bennet for wardrobe, Sherry Golden and Don Reece for properties and Chris Cohen for set construction.

"It was sad that some of the those people chose to associate Octad-One with one person rather than as a group of dedicated people," said Erreca. "But that's their choice. We can go on without them just as we did with this play."

He then gave great credit to those who did stay on, even under difficult circumstances.

There are a few words (however tame by modern standards) that some parents may not want small children to hear in this production. Overall, those who appreciate acting at its best will relish "Children Of The Wind" for what it is: a bold, no-holds-barred look at the often dark side of living off the stage.

"Children" runs through March 8. For times and ticket information, call 561-9823.



Sidy Rayfeld (center), Wayne Erreca and Jill Virginia Costanzo share one of the few light moments in the Octad-One production of "Children of the Wind." This is the company's sixth production since leaving Lemon Grove for Lakeside. Photo by Greg Eichelberger

ing his mediocre career, wife, son and other hidden demons.

It certainly is not a very cheerful production, but the edginess of the script, coupled with the intensity of the performances, will make believers out of even the most skeptical critic.

The audience is treated first to a short soliloquy by Dan Brophy (played by Octad-One Managing Director Wayne Erreca in his first acting role in the new Lakeside playhouse) on how theater people could rely on only one thing in the early part of this century: their steamer trunks in which they carried all of their possessions.

The lights then reveal a run-down New York City boarding house room (designed by Erreca) where Brophy is anxiously awaiting his wife, Kitty, played by Jill Virginia Costanzo ("Picnic," "Night Must Fall," "Dancing At Lughnasa"), and son, John (Bryan Millstein O'Connor), who will arrive on the train from Boston.

After returning from the station and not finding them, Brophy begins to fret that they were either hurt or never came in the first place. When they eventually do show up, he berates and humiliates them for being late.

Realizing what he has done, he apologizes and begs their forgiveness. Thus is the relationship

that keeps this play interesting. Erreca is totally convincing as the haunted actor, extroverted and giddy one minute, angry, brooding and violent the next. He has shown that even after a long stint as director, he can still portray a complex character like Danny without going through histrionics.

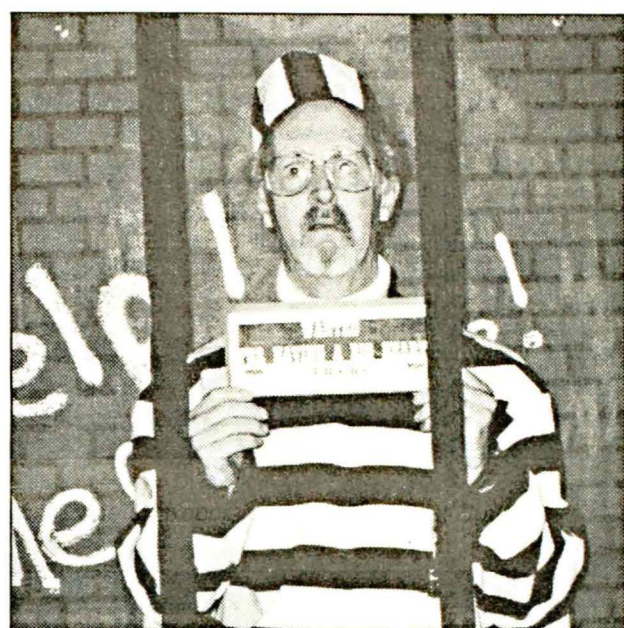
"I can see a lot of Danny in me," said Erreca. "At times it was scary. I'm certainly not a drunk or abusive towards Jill, but some of the lines that he says hit home more often than not."

Having seen Costanzo in her previous three performances, I can only admire her growth as an actress, especially in the thankless role of Kitty, who is forced to play off Danny most of the time. Her scenes with him are striking, but those with John are even more telling of her stage maturity.

"The script allows me to be a bit more human than I was in, say, 'Night Must Fall,'" she said. "This play gives me a chance to interact with Danny, my son and May on all different levels. It's a good chance to stretch."

As for Millstein, his role is basically a reactionary one, but it marks a fine debut for this 10-year-old Lakesider who attends Flying Hills Elementary School in El Cajon and participates in its acting program.

In the slammer



Going from pulpit to pokey, Rev. Ed Pettis pleads with his flock to bail him out at the Muscular Dystrophy Association's recent "Lock Up." Photo by Cheryl Cohen

Classical singer ready to belt one out for Stern

by Cynthia O'Neill

When Jay Levine comes home from his print shop in the Mid-City area, he sweeps up 5-year-old daughter Alexa and 7-year-old son Danny in his arms. They giggle when he sings opera to them. They don't wrinkle their noses. In fact, usually they join in.

A big favorite is the Figaro aria — in Italian. Levine hopes that every child cultivates the love of music, particularly the love of singing — because it is a very personal way to show deep respect and love for someone else.

Levine will be singing his respects next week to Joe Stern, an 84-year-old man whom Levine reveres for his dedication to the pursuit of life, liberty and happiness for everyone.

The Stern tribute is scheduled from 2 to 4 p.m. to Feb. 15 at the La Mesa Community Center. Stern, a ubiquitous fixture in East County politics, has been diagnosed with terminal cancer.

"He helped get FDR elected, for one thing!" said Levine. "And he is still trying to improve the lot of everybody."

Having known Stern through the La Mesa Foothills Democratic Club, Levine feels proud to help the organization raise money to create a legacy for Stern's ideas.

Stern has always been young at heart, Levine believes, and he is going to help sing in a revival of Stern's ideals. Levine will take part in a skit of seven or eight

people — all about Stern's life at the tribute.

Once a week, Levine practices singing with the Master Chorale, originally formed to accompany the San Diego Symphony.

"I sing for the joy of it; I couldn't live without it," he said. "I thought about making singing my living, but it wouldn't be the same. But if you have God-given talent, you should be proud of it."

Levine is modest about his talent. He figures he was probably the only person majoring in business at the University of Las Vegas on a music scholarship.

One of his prized musical experiences occurred five years ago with the San Diego Choral Artists, a professional group of singers.

It was the news about the Oklahoma City bombing that stirred deep emotions for Ron Gillis. He wrote a requiem about Oklahoma City for his church choir.

It snowballed into a major project with the Choral Artists performing at a breakfast for "San Diego Heroes," honoring firemen and medics from the incident.

Levine also considers Stern as a hero and wants to continue the man's tradition of looking out for others.

"Something that Joe said to me recently was that most people ignored him because it was too easy to go with the status quo," he said. "But now that he is dying, he gets people listening to him. Joe finds that quite ironic."

M is for Mayor

Personal comments of Mayor Mary Sessom

Storm drain contaminants polluting ocean

I ask you to think of all the negative things you have heard associated with El Niño -flooding, roof damage, shore line erosion, etc. But how often has anyone ever mentioned the degradation in the quality of our water? Not very often I would guess, yet our storm drains here in Lemon Grove do more than just prevent flooding. They are also pathways for dumping pollutants in our oceans and ground waters.

Urban runoff is the phrase used in water circles to describe the untreated water from storms or human activities (irrigation, car washes, driveway washdowns) that runs down our storm drains.

This runoff typically carries heavy metals and oil from cars, toxics like fertilizers and pesticides and bacteria from pet wastes and rotting organic materials. Our water quality is shot when these pollutants hit our sources of water.

Why should we in Lemon Grove be motivated to exercise care in not polluting our urban runoff? Money (as usual) is the answer. Polluted water is more difficult and costly to treat. This extra cost will show up in our water bills.

Additionally, our runoff is monitored by state and federal agencies. The city pays, not only for the monitoring, but also fines for any excessive pollutants in that monitored water.

The latest headlines told us that the population of this region had increased by 68,000 last year. By the year 2020, the population of the county will increase by over one million.

Protecting our water quality becomes more difficult and costly as our region grows. Let's make a difference in our city and the region by becoming aware of what we are putting down our storm drains. Please call me at City Hall (464-6934) if you would like any additional information.

Obituary

Ernest Sterling Wagner

Ernest Sterling Wagner, 35, of Lemon Grove, passed away on Jan. 26 at the UCSD Medical Center after a long fight against AIDS.

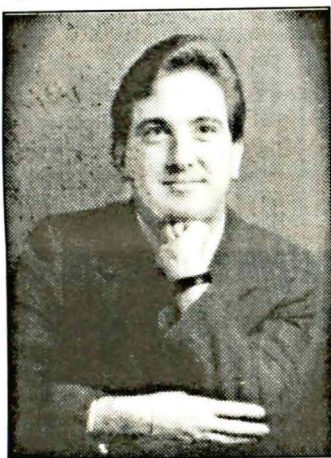
Wagner was born in Easton, Penn., the son of Sandra and the late Lester Wagner.

A 1981 graduate of Mount Miguel High School, he was an Eagle Scout with the Boy Scouts.

Wagner worked for Macdonald's, becoming Lemon Grove store manager. He also worked for Zale's Jewelers until 1994, attaining the position of manager for three of its stores.

He is survived by his mother, Sandra Pfeiffer, step-father, Joseph Pfeiffer and sisters Sarah Rose and Tonya, all of Lemon Grove; sister Robyn of Missouri; and foster brother Steve Nelson, of Lemon Grove.

Memorial services are scheduled for 2 p.m. Sunday at 1876 Skyline Drive in Lemon Grove.



Lemon Grove Fire Log

Jan. 20, 1998

SB Hwy 125/Lemon Ave. Vehicle accident freeway.
7000 blk. San Miguel Ave. Residential structure fire.

Jan. 21, 1998

4200 blk. Parks Ave. Vegetation fire.
7100 blk. West View Pl. Unconscious.
10000 blk. Shadow Rd. Residential structure fire.

Jan. 22, 1998

3200 blk. Olive St. Seizure.
2100 blk. Ensenada St. Assault victim.
7100 blk. Mt. Vernon St. Assault victim.
3200 blk. College Pl. Possible heart.
1900 blk. Englewood Dr. Choking victim.
7500 blk. North Ave. Abdominal pains.
1800 blk. Dayton Dr. Difficulty breathing.

Jan. 23, 1998

7100 blk. Broadway Ave. Person down.

Jan. 24, 1998

3500 blk. Grove St. Threatening suicide.
7200 blk. Balkis Ln. Residential structure fire.
Hwy 94/Massachusetts Ave. Vehicle accident.
7100 blk. Waite Dr. Abdominal pains.
2000 blk. Massachusetts Ave. Fall.

Jan. 25, 1998

3200 blk. Olive St. Difficulty breathing.
8000 blk. Golden Ave. Possible stroke.
7100 blk. Rosemary Ln. Assist invalid.
1600 blk. La Corta St. Possible coroner's case.
1600 blk. San Altos Pl. Difficulty breathing.
900 blk. Lincoln Pl. Outdoor odor check.

Jan. 26, 1998

7300 blk. Goodman Ln. High fever.
7300 blk. Canton Dr. Child locked in auto.
1700 blk. Dayton Dr. Unresponsive.
7900 blk. Nichols St. Smoke check.
7000 blk. Broadway Ave. Seizure.

WEATHER

The following information was provided by the National Weather Service

		High	Low
Jan.	26	74	44
Jan.	27	68	44
Jan.	28	67	50
Jan.	29	61	51
Jan.	30	69	49
Jan.	31	-	-
Feb.	1	67	45

The Lemon Grove Review

(USPS NO. 309-840)

Is published semiweekly by Forum Publications, Inc., 3434 Grove Street, Lemon Grove, CA 91945. Periodicals postage paid at Lemon Grove, CA 91945. POSTMASTER: PLEASE SEND ADDRESS CHANGES TO THE LEMON GROVE REVIEW, Box 127, Lemon Grove, CA 91946 • (619) 469-0101

Adjudicated a newspaper of general circulation in Superior Court of State of California in and for San Diego County, December 5, 1949.

Adjudication Number 155392.
\$18 yearly in San Diego County.
\$40 yearly elsewhere in U.S.A.

Steven Saint, Publisher

Assistants to the publisher:
Mary Rosen, Betty Thomas,
Trudy Thomas

Contributing writers: Lora Clark,
Cheryl Cohen, Greg Eichelberger,
Phillip Giannangeli, Paul Treske,
Betty Jo Tucker

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope. Material can be sent via e-mail at the following address: sdgreens@igc.apc.org

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

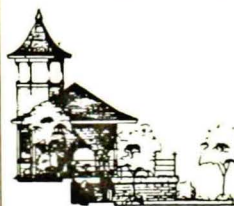
Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Proud Member



Lemon Grove
Chamber of Commerce

B Words

by Bob Burns

Project 'Our Town' typifies Lemon Grove

Project "Our Town" is about to get some national publicity. The award that we got, and the subject of our city manager's pride is about to become a model for other communities. A crew has been video taping interviews and scenes about town to show off what little old Lemon Town is up to. If I am not mistaken, the producers and staff of the organization that is putting the documentary together, is somewhat amazed at what is being revealed in this process.

A reflection of the project "Our Town" is one of hope, confidence and visions for the future of our community. Like the classic play, there is little to mar what is, has been and will be a beautiful picture of American living.

But, I recall the intersection of Broadway and Imperial Avenue (now Lemon Grove Avenue) as it was in the early fifties. It was a very remarkable crossroad, with a ponderous freight train that blasted us out of our gourds several times a day, and a very plain string of businesses as you looked east. Westerly, we saw the Big Ace Market and little else except the Broadway X Beer Bar and Spears Ford. We had a hideous junk yard (auto recyclers) in the very center of town and a Drive In Movie (CinemaDine) at College Avenue.

All in all, it was a typical shirt tail relative of the county and totally dependent upon the benevolence of the county Supes, who were certainly not. No park, no street repair, no rec program, no much of anything else that we deserved. A great amount of tax money went to Pacific Highway from our community, but very little of it ever found its way back in services that are vital everywhere.

My take on all of this is that it is not the physical, nor the material condition of a town, that make it what it is, as much as the people. Sure, there have been some capital and cosmetic changes in the city, but it is the soul of our town that makes it the best place on earth, and that is the residents. We are ethnically diverse, and enjoying different cultures rather than resenting them. We are a friendly group, a non-pretentious community that appreciates what we have and are proud to be so. It has been said that any group of people who can rever a two tone cement Lemon, has to be very unique. We are, and while some might look at the Lemon as a downer, it is a town treasure, here.

Our Town, as a concept, is not really a new one in Lemon Grove. It seems to me that it is more of an outgrowth of an existing entity and a plan for an ever increasing level of progress. Lemon Grovans do not want to be La Jollans, or Beverly Hill-ians. They don't care what La Mesa does, nor how it is done in Santee. The present state of our town is simply a continuation of a conservative, frugal and sensible lifestyle. We are going our own way, with a continuing effort to provide the best for the most within our means.

And long may we wave ...

Upcoming Events

Knights celebrate valentine dinner/dance

The San Miguel Council of the Knights of Columbus will host a sweetheart appreciation, valentine dinner/dance on Feb. 14. The event begins with cocktails at 6:30 p.m. and dinner at 7 p.m. Dancing will follow with music by Mal Jaeger and the Squires

The hall is at the corner of Lemon Grove Way and Columbus Place.

A \$10 donation is suggested. For information or tickets call Wally at 287-7258.

Kiwanis host pancake breakfast

A Kiwanis Community Pancake Breakfast featuring "all-you-can-eat" flapjacks and musical entertainment will be held from 7:30 - 11:30 a.m. on Saturday at the Spring Valley Community Center, 8735 Jamacha Blvd. The cost is \$4 for adults and \$2 for children 12 and under.

Proceeds will support youth service programs at area schools, seniors and Kiwanis service projects. The breakfast includes pancakes, sausage, orange juice, milk and coffee.

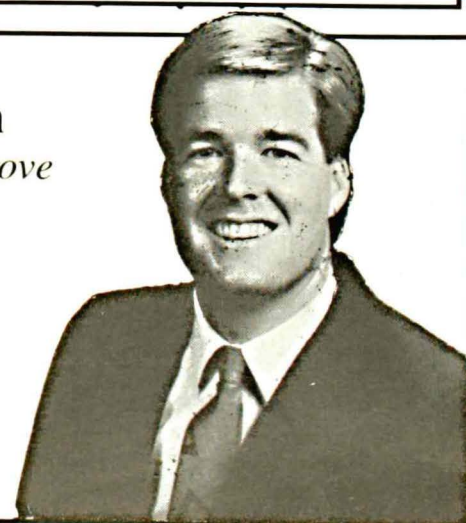
••You heard it first in the Review!••

Dr. Shawn Stoddard
Treats neck and back pain
Hundreds helped in Lemon Grove

Call 466-0806

Preferred provider
for most networks

Stoddard Chiropractic
7366 Broadway
(2 Blks east of Massachusetts)



Reel Ratings: February Family Movie Guide

by Betty Jo Tucker

The rating system of the Motion Picture Association of America does not seem to be explicit enough for those parents who prefer more information concerning a film's content in the areas of strong language, explicit sex scenes, and gratuitous violence. In response, Forum Publications publishes a monthly list of new movie releases along with ratings in these areas. Listed below are the "Reel Rating" symbols used in Forum's family guidelines. (A film may have more than one rating.)

G - film rates as general family entertainment.

L - The film contains strong language.

V - film contains violent scenes.

S - The film contains sexual situations.

Q - film contains questionable lessons about human behavior.

These ratings are not intended as judgments of artistic excellence or as attempts at censorship. A "G" rating does not mean the film is highly entertaining, just that it is suitable for family viewing if parents object to the other elements rated. Conversely, a "V," "S," "L," or "Q" does not indicate that the particular film is not a good movie. (One of my favorite films, "Fargo," would earn a VSL rating.)



Cate Blanchett as (Lucinda) and Ralph Fiennes as Oscar star in "Oscar and Lucinda."

Reel Ratings: Family Movie Guidelines for February 1998:

Movie	MPAA Rating	Reel Rating
Deep Rising	(R)	VL
Desperate Measures	(R)	VLQ (justifies extreme violence)
Four Days in September	(R)	VL
Great Expectations	(R)	SL (plus nudity)
Hurricane Streets	(R)	VSL
Illtown	(R)	VSL (plus nudity)
Live Flesh	(R)	VSL (plus nudity)
Oscar and Lucinda	(R)	VS
Phantoms	(R)	VL
Spice World	(PG)	L
The Apostle	(PG-13)	VL
The Borrowers	(PG)	G (but contains slapstick violence)
The Replacement Killers	(R)	VSL
Zero Effect	(R)	SL

Commentary

by Paul Treske

Allegations, allegations

Allege: To state as fact without proof.

I've been wondering for weeks now when we would finally begin to hear this word in relation to the current accusations against the President. Although not a lawyer by trade, it has always been my assumption that, in American jurisprudence where the defendant is assumed innocent until proved guilty, we use the word alleged to refer to the accused until after his trial has found him guilty.

Apparently not so with the head of our nation. So eager were the TV talking heads to have a juicy scandal in which to wallow around, that the words "allege" and "allegation" have, until very recently, been utterly forgotten. Newscasts lead off with the headline "Clinton's scandal" or the

like with never a suggestion that it was all, at this point, a matter of allegation and nothing more. Ordinarily, even the most venal of our criminals are, before conviction, referred to as "the alleged rapist" or "the alleged assassin" but so eager were Sam Donaldson, Dan Rather, Cokie Roberts and the rest to get in on the game that they dropped, without a second thought, to the tabloid level of accusation without proof.

Now, of course, things are slowly beginning to change. Large holes are appearing in the Tripp-Lewinsky stories; anything like verification is nowhere in sight and finally, the word "alleged" is beginning to appear in discussions of the issue.

Interestingly, not one of those big, highly paid TV anchors has

yet to question the obvious. What in the world is Ken Starr doing in relation to these allegations? He is suppose to be in charge of the Whitewater investigation (remember that? It's been so dead for so long that no one except GOP congressmembers cares anymore.) What this business has to do with Whitewater has yet to even be suggested. But Starr goes on, desperately glad that he has something, anything to flog besides that old dead horse.

As I write this, the various lawyers are calling each other's clients liars and less and less TV time and newsprint is being spent on the so-called "White House scandal." There are, of course, less "new developments" and less suggested real proof of the old allegations. Frankly, like apparently most of the American public, I neither know nor care whether Clinton had illicit sex lately or not. Hillary's claim of a right wing plot with Linda Tripp as the "mole" sounds about as logical as anything else. But, if common rapists, thugs and murderers can be viewed as "alleged" until proven otherwise, I'd like to see the same legal right granted to our president.

PG Perspectives

by Phillip Giannangeli

on moss

Moss, eek!

No, not that skinny model kind, but the green, yucky, state-of-Washington kind of moss. The kind that grows when there's too much dampness and darkness around. Or the stuff that covers the ground when God gets fed up with some of his creatures and goes into one of his gloomier moods. And guess what? I have moss in my driveway. Growing there between the black (whatever that stuff is) dividers that separate the concrete slabs from each other. Is it God or the dampness? Could that dastardly El Niño be involved?

No matter, you know what this moss sighting means don't you? It means we East Countians are in trouble. We could find ourselves subject to all sorts of horrors. We could be facing all the evil permutations that come with moss. We could, dare I say it, become like those neighbors of ours to the far north. The ones who run indoors for fear the sun will dry them out or cause them to rust. Those mossy people who are soggy at best and down right dreary much of the time. We could be reduced to talking about how many inches of rainfall we had yesterday or how erratic the mildew has become recently. My moss sighting was a serious development and I was not just going to sit around.

My first response was to call the weather bureau. After dialing the local number (619-675-8706) and being sucked into their phone tree (dial 1 for...) I settled on speaking to a real live person (To speak to someone at the public service desk, press 3). Unfortunately, there wasn't any answer at the public service desk. Probably out doing research on some very important, weather-related subject. Might even be boning up on moss in anticipation of calls (thousands?) like mine. No matter, moss is too important to ignore. I would move on in my moss meanderings.

I called one of my Steves and told him about my discovery. He laughed, told me a rolling stone gathers no moss, and hung up. I should have known better than to trust a Steve with such an earthy matter. Steves tend to be too nonchalant when it comes to serious matters such as this.

I then decided to call a local politico and see if anything could be done in the governmental realm. Typical of his breed, this local official started to give me an answer but then drifted off into a pitch for some money for his next campaign. Before finally getting off the line with him, I'd committed to a monetary contribution and a yard sign - if the moss hasn't completely engulfed my yard by then.

I'd write a letter to the editor of one of our competing newspapers, but I'm afraid that unless the words "recall" "Nadia" or "thugs" is connected to the word "moss," it's not going to get on the editorial page for quite a while. That leaves me with just this forum to try to put out the word on moss. Here goes.

Moss can be a harbinger of bad things to come. If moss is here, can year round mildew be far behind? What about the whole grunge thing. It started up there where moss is the state flower. Are we here in East County ready for that? It's a moss invasion, friends. Let's hear it for a drought alert.

Letter to the Editor

Out with the truth, on with our lives

It would do President Clinton no harm to review the spiritual instruction he has heard over the years that he attended church on Sundays in various parts of the country. The admonitions given by Christ through the instrumentality of those who dedicated their lives to instructing others about these teachings apply to the people of all centuries.

The positions of power do not nullify the application of the laws of God to anyone, they apply equally to us all. If Clinton is guilty of the allegations made against him by some of the women who worked for him in close proximity, then he should resign from office. There is no other option except impeachment.

If the president is determined to be guilty, by the due process of law, then there is no point in just expanding the degree of harm that could only result in irreparable harm being done to his family. If an accounting has to be made, then let it be made promptly. History contains the names of a number of famous people who made mistakes, acknowledged them and then went on to leave a legacy of good works and a name remembered for the good that was accomplished. St. Augustine and St. Francis are probably the best remembered and loved. But, there are many others about whom stories have been written.

If these women who made the allegations that could bring down the Commander-in-Chief of the armed forces of the United States of America are guilty of slander and lies, then they should publicly ask the president to forgive them as well as asking the country to give them a chance to redeem themselves. But, let there be an immediate end to any and all further deception. The fate of this country could be at stake.

BOB WANGLER
Lemon Grove

I bet you've got something to say :
P.O. Box 127, Lemon Grove, CA 91946

GET A FASTER REFUND

Use IRS e-file—and get your tax refund in half the time it usually takes. Even faster with Direct Deposit. IRS e-file is simple and secure. There's quick proof your return is accepted. And it's so accurate, there's less chance you'll get a letter from the IRS. To find out more, see your tax professional or look in your tax booklet.

CLICK. ZIP. FAST ROUND TRIP.



A Public Service Message from the Internal Revenue Service

www.irs.ustreas.gov

Total Recall

A brief history of ousting elected officials in East County

by Joe Naiman

The appearance of Nadia Davies' name on the June 2 ballot will mark the 11th election in San Diego County in the last 15 years. Recalls are threatened all the time, but few make it to the ballot.

The Registrar of Voters has a history of all recall attempts filed since 1982, beginning with the successful recall of San Diego Municipal Court Judge Lewis Wenzell. Wenzell's association with prostitutes resulted not only in a successful signature effort to place the recall on the ballot, but an 83-percent vote favoring his ouster.

The 70-percent vote to recall San Diego City Councilwoman Linda Bernhardt in 1991 was the second-highest recall vote, and the highest margin for a special election.

When a recall petition is approved, proponents have a time period to collect a specific number of signatures. The time period and percentage of registered voters required vary by the size of the district.

The 1,071-voter Dehesa School District required 25 percent of the district's voters to sign petitions and allowed 40 days. The Grossmont Union High School District's voter population allowed opponents 160 days to collect signatures of 10 percent of the number of voters.

There have been 57 recall petitions filed since 1982 with either the Registrar of Voters or the Secretary of State's office (for recalls of state legislators). Two petitions attempted to recall Gov. Pete Wilson and four targeted state legislators. Seven involved Ramona Municipal Water District trustees and seven were against East County school board members.

Of the 57 petitions against 126 officeholders, including the effort against Grossmont Union High School District Trustee Nadia Davies, only 13 qualified for the ballot.

Forty-three did not reach the ballot and one is pending: the attempt to recall Grossmont Union High School District board members June Mott and Michael Harrelson has a May 11 deadline.

Because most petitions are not returned to the registrar, officials have no way to determine how many attempts failed to gather sufficient signatures and how many were just abandoned without any real signature-gathering effort.

For instance, organizers trying

to recall Cajon Valley Union School District trustees Laoma Davidson, Joe Mackey and Marsha Saben did not file any signatures by their Jan. 26 deadline, but told the press early in the month they needed 7,000 signatures to keep the effort viable. They needed 11,658.

The registrar's file on an attempt to recall a pair of Fallbrook school trustees in 1994 includes a letter noting that the recall proponents collected more than 2,500 signatures, a little more than half of the 4,923 signatures required.

Cathy Glaser of the registrar's office said that if recall proponents have the momentum to

most recall attempts have been for political reasons. Proponents usually cite general accusations, such as financial mismanagement or mistreatment of employees or constituents, although some recall petitions have been specific in their grievances.

Franklin Orfield, the only Superior Court judge to be served with a recall petition, earned the ire of a father for his handling of custody decisions in 1984. Janet Kittner, the only Municipal Court judge other than Wenzell to be targeted for recall, was accused by an African immigrant of dishing out harsher sentences to minority defendants.

Some, including a 1991 Ramona school district attempt and 1980 Lakeside school district attempt, specifically discuss busing fees.

East County has not been a traditional hotbed of recall activity, responsible for only 13 of the 57 efforts since 1982. But times may be changing. Eight of those 13 have been mounted in the last five years, five in 1997.

There were two attempts against former county Supervisor Paul Fordem. El Cajon's Paulette Miller filed one in 1982 and one in 1983, citing failure to improve services and public access. Fordem's response attributed the complaints to the public employees' union.

In 1980, Lakeside school board members started talking about busing fees. Trustees Constance Monell, Jerry Smith and Marilyn Mergens said that services such as meals and transportation should be shared by both the district and parents. The concept of busing fees caused Gerri Palmer and Bill Reesor to



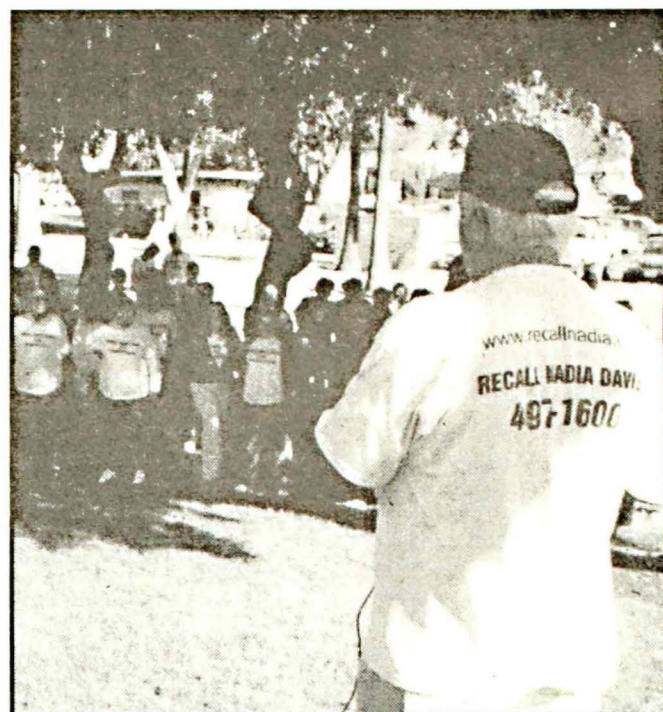
La Mesa Mayor Paul Fordem was the target of two recall attempts after he was elected to represent East County on the Board of Supervisors. Fordem's fate never made it to the ballot.

gather the required number of signatures, their petition has always qualified for the ballot.

Recall elections have mixed results. Since 1982, the 13 successful petitions resulted in 10 elections so far (three Ramona Water board members had separate petitions but were voted on in the same election). Of the 20 officials targeted for recall, 11 were recalled and nine retained.

Judge Wenzell and Vista Unified School District trustees John Tyndall and Joyce Lee were recalled during regular general elections in 1982 and 1994, respectively. On Jan. 13, Dehesa voters recalled four members of their school board in a special election.

Recall elections have been a part of California's Constitution since 1911. Although the concept was to replace corrupt representatives rather than as a mid-term election from political opponents,



Ken Blalack and the Mainstream Education Alliance led a successful signature-gathering campaign to put the recall of Nadia Davies on the June ballot. Only 13 of the last 57 recall efforts have gotten that far.

Photo by Steven Saint

serve the trustees with recall papers. Barona Indian Tribal Chair Josephine Romero threatened to transfer the reservation's children to the Ramona school district.

A combination of unspecified financial mismanagement and contempt was cited as the reason to recall Alpine Union School District board members Clarence Brown, John Hood and Ted Jackson in 1985.

A specific claim was failure to make use of state funds. Recall petitioner Craig Linden served all three trustees with identical reasons for recall; the citation that one of the board members was sending his children to private school was on the petition forms against all three members.

Bus transportation issues were also the cause of Barry Willis' 1987 attempt to recall Grossmont Union High School District board members Don Hunsaker and Betty Pengelley. Willis, who listed his address at an Alvarado Road office building in La Mesa, accused the two board members of insufficient transportation as well as failure to provide school starting times that maximized bus

efficiency.

Four members of the Grossmont Hospital District were targeted in 1991 for their attempt to merge Grossmont Hospital with Sharp Hospital.

Proponents of the 1995 recall attempt against three Grossmont school board members dropped their effort after receiving what they wanted. Harrelson, Mott and Ada Reep had voted for a benefit assessment fee, a vote which led to being served with a recall petition headed by Lemon Grove's Liz Recchia.

Shortly after the July vote the state budget allotment persuaded the board members that there were sources of revenue other than the benefit fees, and when the assessment district was rescinded the recall effort was dropped.

The attempt to recall seven members of the Mountain Empire Unified School District failed for insufficient signatures. The petition, filed in March 1997, accused the incumbents of employee mistreatment and unspecified discrimination. The recall petition was the second in the Mountain

Attention Kaelin's Market Customers!!

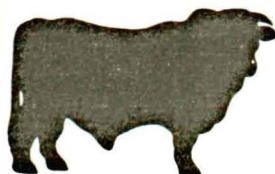
FREE

10# Leg Quarters

FREE

with any meat pack order
offer expires March 30, 1998

LIMITED
OFFER



FREEZER BEEF

CALL TODAY --
READY TOMORROW

Save 30% on your meat bill!
RON'S COUNTRY CORNER
GROCERIES, PRODUCE & MEATS
9573 JAMACHA BLVD.
SPRING VALLEY
479-4389
MON - SAT 8-8 • SUN 9-7

80 POUNDS
\$119.95

5# ROUND STEAK	5# SAUSAGE
10# CHUCK ROAST	3# FRANKS
10# GROUND BEEF	2# BOLOGNA
10# BEEF RIBS	2# SALAMI
15# CHICKENS CUT UP	3# BACON
15# END CUT PORK CHOPS	

150 POUNDS
\$219.95

8# COUNTRY SPARE RIBS	5# FRANKS
10# ROUND STEAK	10# SAUSAGE
20# CHUCK ROAST	4# BOLOGNA
25# GROUND BEEF	3# SALAMI
25# FRYER CHICKENS	5# BACON
5# BBQ STEAK	10# BEEF RIBS
20# END CUT PORK CHOPS	



16,000
newspapers all
over the place!
East County's
largest circulation
every Thursday.

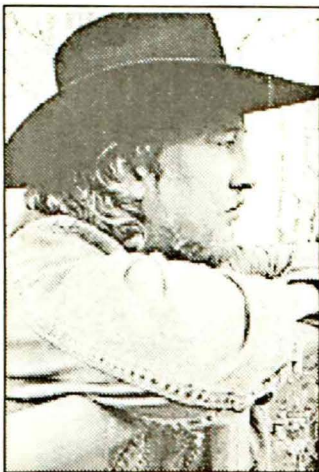
Country Music performer John Anderson to perform at ECPAC on Valentine's Day

Country music singer John Anderson will perform two shows at the East County Performing Arts Center (ECPAC) on Valentine's Day. The shows will be at 5 and 8 p.m. on Feb 14 at the performing arts center, 210 East Main St. in El Cajon.

Tickets are \$18.50, plus \$1 for an ECPAC renovation fee. Phone orders add a \$2 handling charge and can be purchased by calling the box office at 440-2277.

Anderson first gained attention in the early 1980's with hits like "Wild and Blue," "Swingin'" and "Black Sheep."

Anderson, one of six children with a career military father arrived in Nashville in 1971, shortly after his high school graduation. He began by playing the lower Broadway honky tonks and worked various odd jobs, including putting shingles on the roof of the Grand Old Opry



John Anderson

House.

By the early 1980's Anderson had a hit in "Swingin'," which became the biggest selling single in Warner Brother's history. Over one million copies were sold. It also won the CMA's

1983 "Single of the Year" Award. That same year Anderson won the CMA Horizon Award.

"I was lucky to arrive in town when I did," Anderson said. "I was able to not just meet all the great stylists who had influenced me so much - George Jones, Merle Haggard, Charley Pride, Waylon Jennings, Willie Nelson - but I also had them tell me how much they enjoyed what I was doing and take me under their wings. To think I might have influenced some of the younger ones who've come along in years since, well, that's mighty humbling."

In recent years, Anderson has also lent support to environmental causes he's given voice to in songs like "Seminole Wind." He had set aside nearly 1,000 acres of his own land in rural Middle Tennessee as a wildlife habitat and sanctuary.

Knowing his stuff

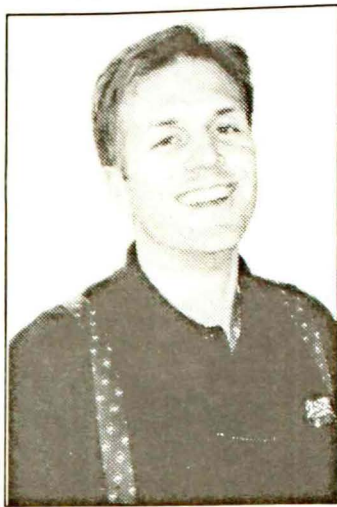
Joel Detjen, of Lemon Grove and nutrition department manager for Henry's Marketplace in La Mesa, has received certification for completion of a Natural foods Education Program from Bastyr College, the nation's first accredited school of natural medicine.

The 30-week correspondence program is designed to give retail employees in the natural food arena a good understanding of food, the major systems of the body, what it means to have optimum health, whole foods nutrition and the principles of natural medicine, according to Nancy Hughey, vitamin buyer for the 14-store Henry's chain.

"Joel is one of 11 Henry's employees who graduated from the national program last month," Hughey said. In addition to Detjen, eight other vitamin department employees, Hughey and Henry's corporate nutritionist, registered dietitian Patti Milligan, also received certificates of completion.

In addition to the Bastyr College course, all nutrition department managers attend ongoing seminars on each product line carried by Henry's Marketplace, Hughey said. Many of the managers are also signed up for a beginning herbology course through the Wild Rose College of National Healing in Calgary, Alberta. The one-year correspondence course is slated to start in February.

Detjen, who earned a Bachelor of Science degree in Applied Arts and Sciences, foods and Nutrition from San Diego State University, has extensive experience in the fields of natural foods and holistic health. He was manager and nutritional consultant at the General Nutrition Center in Escondido prior to joining Henry's Marketplace.



Forum Newspapers - We're working for you!

PUBLIC NOTICES

FICTITIOUS BUSINESS NAME STATEMENT

Assigned File No 98000500

The Name of the Business: MATES INTERNATIONAL SALON located at: 3516 Main Street in Lemon Grove 91945 is hereby registered by the following owner:

MERRYN AMEY-FERGUSON
6606 MALLARD ST.
SAN DIEGO 92114

This business is conducted by an Individual

The transaction of business began on: 7 JAN 98

Signature of Registrant: MERRYN AMEY-FERGUSON

This statement was filed with Gregory J. Smith the Recorder/ County Clerk of San Diego County on JAN 07 1998

Lemon Grove Review
Jan. 15, 22, 29 & Feb. 5, 1998

or warranty, expressed or implied, regarding title, possession or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$190,084.44. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. Date January 16, 1998 LONESTAR MORTGAGE SERVICES, LLC, as Trustee Sylvia Loreda, Authorized Signature Address: P.O. Box 515388, Dallas, Texas 75251-5388 FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (916)387-7728 LONESTAR MORTGAGE SERVICES, LLC IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. ASAP302920 1/22, 1/29, 2/5

NOTICE TO BIDDERS

The Grossmont Union High School District will receive bids for purchase of

READY MADE PIZZAS FOR DISTRICT CAFETERIAS FOR THE 1997-98 SCHOOL YEAR

Each bid shall be submitted on a form obtained at the Purchasing Department of said District, located at 1100 Murray Drive, El Cajon, CA 92020-5664 (mailing address: P.O. Box 1043, La Mesa, CA 91944-1043); shall be sealed and filed in said Purchasing Department on or before 2:00 p.m. February 17, 1998

and will be publicly opened and read aloud at that time and place. The contract will be awarded to the lowest responsive, responsible bidder meeting specifications. The Grossmont Union High School District reserves the right to reject any or all bids, to accept or reject any one or more items of a bid or to waive any irregularities or informalities in the bids or in the bidding. No bidder may withdraw his bid for a period of thirty (30) days after the date set for the opening of bids.

In the event of identical bids, the Governing Board may determine by lot which bid shall be accepted per Public Contract Code 20117. Nadia Q. Davies Clerk of the Governing Board Grossmont Union High School District

Bid# 2726

Lemon Grove Review
Jan. 29 & Feb. 5, 1998

CITY OF LEMON GROVE COMMUNITY DEVELOPMENT DEPARTMENT

NOTICE OF PUBLIC HEARING AND NOTICE OF FILING OF A NEGATIVE DECLARATION FOR A PROPOSED DEVELOPMENT CODE AMENDMENT

NOTICE IS HEREBY GIVEN THAT the Planning Commission of the City of Lemon Grove will hold a public hearing on Monday, February 23, 1998 at 7:30 p.m. in the Lemon Grove Community Center, 3146 School Lane, Lemon Grove

SUBJECT: Hearing - Development Code Amendment ZA98-01 - to consider an amendment to Section 17.16.054C(1.2) (Neighborhood Commercial) zone, Section 17.16.060B(5) and (C1-2) (Central Commercial) zone, and Section 17.16.070B(5) and (1-2) (General Commercial) zone of the Zoning Ordinance in order to require the issuance of a conditional use permit to authorize the establishment of restaurants with separate cocktail lounges or bars.

LOCATION: Within the Neighborhood Commercial, Central

Commercial and General Commercial zone and in the City of Lemon Grove

At said hearing, any interested person may appear and be heard. A Draft Negative Declaration of Environmental Impact has been filed by the City of Lemon Grove for this project. The Initial Study which has been prepared for this project is available for public review in the Office of the Community Development Department, 3232 Main Street, Lemon Grove, California 91945

Written comments regarding the adequacy of this Negative Declaration must be submitted to the City of Lemon Grove Community Development Department, 3232 Main Street, Lemon Grove, California within twenty-one (21) days of the date of this Notice. Questions regarding this hearing may be addressed to Robert W. Larkins at 3232 Main Street, Lemon Grove, CA 91945-1797 and at (619) 464-6934 on weekdays between the hours of 8:00 A.M. and 5:30 P.M. City Hall is closed every other Friday.

LINDA S. NILES COMMUNITY DEVELOPMENT DIRECTOR

IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT (ADA), THE CITY WILL PROVIDE SPECIAL ACCOMMODATIONS FOR PERSONS WHO REQUIRE ASSISTANCE TO ACCESS, ATTEND AND/OR PARTICIPATE IN MEETINGS OF THE PLANNING COMMISSION. IF YOU REQUIRE SUCH ASSISTANCE, PLEASE CONTACT THE COMMUNITY DEVELOPMENT DEPARTMENT AT (619) 464-6934 AT LEAST FIVE DAYS PRIOR TO THE SCHEDULED MEETING.

Lemon Grove Review
February 5, 1998

FICTITIOUS BUSINESS NAME STATEMENT

Assigned File No 98002325

The Name of the Business: JUDIN VENTURES

located at: 3707 Fifth Ave., #155 in San Diego, Ca 92103 is hereby registered by the following owner:

JUDINEUBAUER
816-B SUTTER ST
SAN DIEGO 92103

This business is conducted by an Individual

The transaction of business began on: 1/27/98

Signature of Registrant: JUDINEUBAUER

This statement was filed with Gregory J. Smith the Recorder/ County Clerk of San Diego County on JAN 27 1998

Lemon Grove Review
Feb. 5, 12, 19 & 26, 1998

FICTITIOUS BUSINESS NAME STATEMENT

Assigned File No 98001615

The Name of the Business: STARWORKS ENTERPRISES

located at: 1638 Cameron Drive in Lemon Grove, CA 91945 is hereby registered by the following owner:

LUISA MARIA STAGNARO
1638 CAMERON DRIVE
LEMON GROVE, CA 91945

This business is conducted by an Individual

The transaction of business began on: 01-02-97

Signature of Registrant: THOMAS ENGLISH

This statement was filed with Gregory J. Smith the Recorder/ County Clerk of San Diego County on JAN 20 1998

Lemon Grove Review
Jan. 29, Feb. 5, 12 & 19, 1998

NOTICE OF LIEN SALE AT PUBLIC AUCTION

Notice is hereby given that personal property in the following units will be sold at public auction, on the 16th day of February, 1998 at or after 8:00 a.m. pursuant to the California Self-Storage Facility Act. The sale will be conducted at: Lemon Grove U-Haul Center, 1805 Massachusetts Ave., Lemon Grove, Ca 92045. The items to be sold are generally described as follows: clothing, furniture, and/or other household items stored by the following persons:

Unit Number and Name

225 Roy Porter

489 Michelle Looper

CNS 1559855

Lemon Grove Review
Jan. 29 & Feb. 5, 1998

NOTICE OF TRUSTEE'S SALE TS No. 97-0735-0877 Loan No. 1907044820 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 1/19/95. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 2/13/98 at 10:00 AM, LONESTAR MORTGAGE SERVICES, LLC, as duly appointed Trustee under and pursuant to Deed of Trust recorded 11/17/95, as Instrument No 1995-0524146, in book page of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by ANDREW K. HENNEKEN AND JENNY M.G. HENNEKEN, HUSBAND AND WIFE AS JOINT TENANTS WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States) AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE, 220 WEST BROADWAY, SAN DIEGO, CALIFORNIA (NOTE: CASHIER'S CHECK(S) MUST BE MADE PAYABLE TO LONESTAR MORTGAGE SERVICES, LLC all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: "As more fully described in the above mentioned Deed of Trust" APN: #577-610-15-00. The street address and other common designation, if any, of the real property described above is purported to be 7934 BLOSSOM LANE LEMON GROVE, CA 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant

FICTITIOUS BUSINESS NAME STATEMENT

Assigned File No 98001615

The Name of the Business: STARWORKS ENTERPRISES

located at: 1638 Cameron Drive in Lemon Grove, CA 91945 is hereby registered by the following owner:

LUISA MARIA STAGNARO
1638 CAMERON DRIVE
LEMON GROVE, CA 91945

This business is conducted by an Individual

The transaction of business began on: 01-02-97

Signature of Registrant: THOMAS ENGLISH

This statement was filed with Gregory J. Smith the Recorder/ County Clerk of San Diego County on JAN 20 1998

Lemon Grove Review
Jan. 29, Feb. 5, 12 & 19, 1998

Worship Directory



ST. JOHN OF THE CROSS CATHOLIC CHURCH

8086 BROADWAY
LEMON GROVE, CA 91945

PASTOR MSGR. EDWARD BROCKHAUS

Call Rectory for information and Mass Schedule. 466-3209

LEMON GROVE CONGREGATIONAL UNITED CHURCH OF CHRIST

2770 Glebe Road • Lemon Grove

Edward Pettis, Pastor

Sunday Worship & Church School 10:15 a.m.

Lemon Grove Assembly of God

Currently using the Mount Miguel High School at 1800 Sweetwater Road

Worship Service & Sunday School 10:00 a.m.

Nursery & Child Care provided

Pastor Jim Reed 697-7770

LEMON GROVE LUTHERAN CHURCH

Loving God - Living Christ

Corner Skyline and Alton Drive

John R. Embree, Pastor

Telephone: 465-7301

Worship Services:

Traditional 9 a.m. Contemporary 10:30 a.m.

Sunday School 10:30 a.m.

Lemon Grove Christian Church



6970 San Miguel Ave.
Lemon Grove
(2 Blocks West of Mass.)

Myron Wells
Senior Minister

The End of Your Search for a Friendly Bible Church

Uplifting Music • Sunday School • Nursery
Excellent Youth Ministry, Preschool and Daycare

Worship: Sunday at 9:00 am & 10:40 am • Saturday at 6:00 pm

Church: 465-1888 • Preschool: 465-1887

Local Authors. Box 127, Lemon Grove, CA 91946

M.D. offers guidelines for maintaining health, preventing illness

By now, many people have broken their New Year's resolutions. After all, it is difficult to abruptly begin good habits and give up the bad ones.

"Instead of quick-fix resolutions, a life-long plan for better health for you and your entire family, with a target goal of the year 2000, might be easier to follow," said Seymour Mallis, M.D., a family practice physician with Physicians Healthcare Medical Group in the East County. "Try to think of it as gaining improved health and longevity—a special gift for you, your children and future generations—rather than giving something up."

According to American Heart Association statistics, diseases of the heart and blood vessels and cancer are the most common causes of death. While these diseases are considered somewhat hereditary, there are things people can do to delay their onset, decrease their severity or prevent them altogether.

The first step in establishing a health maintenance plan is to form a partnership with those who provide healthcare to your family—physicians and your health insurance company. "Shared responsibility between you and your health care practitioner is the

best combination to produce healthy behavior," said Dr. Mallis. "We expect to see a trend in which preventive health care services will be emphasized in order the long-term costs associated with caring for those who are acutely ill."

Even though you may feel you are in perfect health, it is important to see your family physician for regular checkups, especially if you have a family history of heart disease or cancer. Most insurance companies publish preventive care guidelines for immunizations and various routine tests, which differ for men, women and certain age groups. If it has been several years since you last had a check-up, make an appointment to see a physician who will take a personal health history and get you started on a preventive health plan.

Dr. Mallis recommends the following basic guidelines for healthier living:

Become smoke free. Cigarette smoking is the leading preventable cause of death in the country. Children in a household of smokers are also at risk for allergies and illnesses such as asthma, emphysema, bronchitis and ear infections. Remember that children of parents who smoke are more inclined to become

smokers themselves.

Eat sensibly. Children and adults need a balanced diet with plenty of fruits, vegetables, dairy products, fiber rich foods and lean meats. Besides helping to maintain a healthy weight, the consumption of certain fruits and vegetables can play a role in reducing cholesterol and preventing cancer. Variety is the key to a more healthful diet.

Make breakfast the most important meal of the day with choices high in whole grains and low in fat and sugar. Also, make a commitment to eat more meals together as a family.

Get moving. The lack of exercise can contribute to the development of various disorders of the bones, muscles, ligaments and joints and can affect the heart and lungs. Get plenty of exercise such as walking, running, dancing, bicycling, swimming, gardening or other enjoyable activities. Make daily exercise a part of your life.

Reduce stress. Stress can trigger or contribute to diabetes, digestive disturbances, high blood pressure and heart attacks. Depression, asthma, insomnia, allergies and a host of other illnesses have been linked to stress. Make time for activities you enjoy, even if it is only 10 to 20

minutes a day. Plan to do more things that bring family members pleasure.

Biofeedback, controlled breathing and meditation have become recognized in the medical community as important stress-reduction techniques.

Take a shot at it. Parents often pay a great deal of attention to their children's immunization schedule but neglect their own. Immunizations are readily available for 10 potentially fatal or debilitating diseases that can affect adults as well as children including influenza, pneumonia, hepatitis A, hepatitis B, measles, mumps, rubella (German measles), tetanus, diphtheria and chicken pox. Consult your physician to determine which immunizations or booster shots you may need.

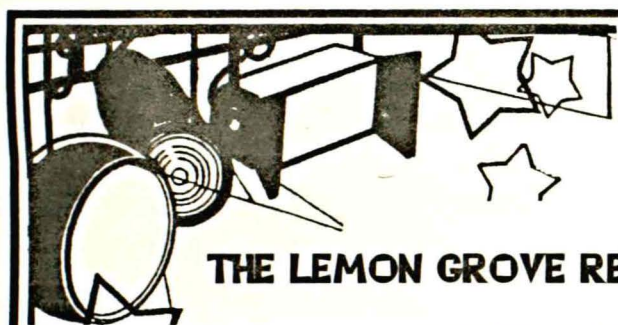
Get hydrated. Water is essential to regulate body temperature, digest and absorb nutrients, lubricate joints, build cells, remove waste and keep the skin smooth. The recommended 64 ounces glasses of water each day for adults can be difficult for many people to achieve all at once. Start

with a couple of glasses a day and work your way up. Increase water consumption if you are dieting; have a cold or the flu; during warmer weather; and before and after vigorous activity or exercise. Encourage children to drink water rather than sugary punches or caffeinated soft drinks.

Everything in moderation. Cut back on, or eliminate, alcohol consumption. While alcohol in moderation is not a problem for most people, alcohol abuse is the second major cause of preventable death in the U.S., surpassed only by cigarette smoking. Heavy drinkers face a greater risk of premature death from liver disease, heart disease and certain cancers.

"Smoking cessation, exercise, nutrition, preventive medicine, stress reduction, weight reduction and sleep are some health areas that are important to disease prevention and a health maintenance plan," said Dr. Mallis. "Consult a physician to help you get started on a plan for healthy living and by the next century you and your family should be in better health."

Forum Papers - Keeping the light on East County



THE LEMON GROVE REVIEW

Spotlight on Business

Call Dan at 461-4306 or 469-0101



house of fabrics
is back
in Lemon Grove!!

25% OFF any one item
with ad
exp. 2/28/98

7124 Broadway
466-3189

We Solve Legal Problems!

- Living Trusts & Wills
- Automobile Accidents
- Business Law

25 Years of Experience in East County.
Affordable Fees - Easy Parking

**BARWICK, RUTHERFORD &
SCOTT**
ATTORNEYS AT LAW
3434 Grove Street • Lemon Grove
465-4600



**SANFILIPPO'S
PIZZA**

Cooked Fresh Daily
Spaghetti • Ravioli • Lasagna
Eggplant • Chicken • Zucchini
Parmesan

464-2088
8141 La Mesa Blvd.

NOW OPEN SAT 8-12

GENERATORS SOLENOIDS
STARTERS ALTERNATORS
REGULATORS REMANUFACTURING
BATTERIES

**BROADWAY
AUTO ELECTRIC**
461-4555
7825 NORTH AVENUE
LEMON GROVE

25 Bucks

**Yeah, you saw this
space, and so will
thousands of other
people!**

(\$25 a week with a 4-week minimum,
includes photo & write up)

Call Dan at 461-4306

SERVING THE ENTIRE SAN DIEGO AREA

McCrea Music Company



AND STUDIOS
SALES • RENTALS
INSTRUMENTS
ACCESSORIES • REPAIRS
MUSIC INSTRUCTION / ALL INSTRUMENTS

698-7272

8361 ALLISON AVENUE
LA MESA

EZ ACCESS FROM HWY 94 & HWY 8